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*"I don't know that there are any shortcuts to doing a good job."*

-Sandra Day O'Connor

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## 4TH ANNUAL WOMEN IN PAIN CONFERENCE: GENDER MATTERS



# women in pain

\*\*\*\*\*Free LIVE Women In Pain Conference  
webcast!!\*\*\*\*\*

Reclaim Your Life at For Grace's 4th Annual  
Women In Pain Conference - "Reframe Your  
Pain, Reclaim Your Life."

Webcast is FREE - No registration needed.  
Everyone challenged by chronic pain - join  
us on September 16th for a day sure to enlighten,  
inspire, educate and empower!

View the webcast live here on the 16th starting at  
9am pst - or at the [For Grace website homepage!](#)

"SEE" you there!



Check out this great conference coverage on  
[ABCNews.com!](#)

*"Breaking through to the other side..."*

Sign up for our e-list

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by NetRaising

On behalf of For Grace, I invite you to a uniquely empowering event for women in pain, their caregivers and the healthcare professionals who treat them.

It's our 4th Annual Women in Pain Conference: Gender Matters to be hosted on Friday, September 16, 2011 at the California Endowment's Center for Healthy Communities in downtown Los Angeles.

This year's theme, "Reframe Your Pain, Reclaim Your Life", will focus on self-management tools and the healing powers within ourselves as we explore alternative and complementary approaches including mindfulness meditation, guided imagery, gentle yoga, exercise, diet and much more. Also, the dark and positive sides of the pain experience will be examined to help us understand how they impact wellness and life force.

The conference will include celebrity appearances and live performances, featuring comedienne and nationally-known motivational speaker [Kathy Buckley](#)! Highlights include readings from the upcoming pain memoir, *Battle for Grace*, which will paint a metaphorical mural of the Women In Pain experience - and a photo essay by woman in pain photographer, Dana Gambill, which will provide an inspiring reflection of the day!

Five (5) CEUs will be available for Registered Nurses in attendance and the event will be open to all via a live worldwide webcast by TVP Studios.

We're proud to have assembled a distinguished roster of speakers and panelists for this innovative conference. Keynoters include [Melanie Thernstrom](#), New York Times writer and the author of the NYT bestseller, *The Pain Chronicles*, and [Dr. Beth Darnall](#), pain psychologist/researcher with the Oregon Health & Science University. Panelists and presenters include [Dr. David Bresler](#), Founder of UCLA's Pain Control Unit, [Dr. Marvin Belzer](#), Associate Director of UCLA's Mindfulness Awareness Research Center and [Camille Dieterle](#), Director of USC Occupational Therapy Faculty Practice.

In addition, we're honored to have [California State Senator Liz Figueroa](#) receive our second annual Patron of Women's Rights Award.

Please scroll below to see our entire exciting program.

We look forward to seeing you on a day sure to empower, inspire, enlighten and educate - For Grace's 4th Annual Women In Pain Conference!

John Garrett  
Director, For Grace

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**4th Annual Women in Pain Conference: Gender Matters**

Friday, September 16th, 2011

California Endowment's [Center for Healthy](#)

[Communities](#) ([Map & Directions](#) - [Hotel Information](#))

1000 North Alameda Street (Across the street from Union Station and next to Chinatown)

Los Angeles, California

**In Association With**

[California Endowment](#)

[Community Partners](#)

[Meet the Biz](#)

[Los Angeles County of Public Health - Office of Women's Health](#)

[TVP Studios](#)

**Conference fees**

**\$20 - Women In Pain and caregivers (includes full-day conference, educational materials, meals and tote bag)**

Link here to register:

<http://forgrace.kintera.org/registration>

\*\*\*A limited number of free passes are available to women in pain and caregivers! To request one (up to two admittances), please send your name, e-mail/phone contact, number of admittances and a short, written reason for this request to

[wipaware@forgrace.org](mailto:wipaware@forgrace.org) \*\*\*

**\$125 - CEUs for California Registered Nurses**

(includes full-day conference, 5 CEUs, educational materials, meals and tote bags)

Link here to register:

<http://forgrace.kintera.org/registration>

**\$65 - Non-CEU healthcare professionals (includes full-day conference, educational materials, meals and tote bags)**

Link here to register:

<http://forgrace.kintera.org/registration>

**Continuing Education Units**

***Accreditation***

This program meets qualifications for five (5) hours of continuing education credit for Registered Nurses as required by California Board of Registered Nursing. Provided by Holly Kiger, RN, MN. Provider #10957.

#### *Requirements*

1. You must attend the entire program to receive 5 full credits.
2. You will be handed a post-test when you check in. This post-test must be turned in before you leave at the end of the program.
3. You must be licensed in the State of California.

#### *Refund Policy*

Refunds will be issued, less a \$25 administrative fee, if cancellation is received in writing no later than September 1st, 2011. Please write to [wipaware@forgrace.org](mailto:wipaware@forgrace.org). Refunds may take up to 10 days to be processed.

#### *Conference Learning Objectives*

Upon completion of the conference, participants will be able to:

1. Explain the personal experiences of women living with pain and the challenges they face to maintain mental and physical wellness.
2. Identify tools and techniques that a woman in pain can utilize to enhance one's natural healing powers.
3. Describe what Mindfulness Meditation and Guided Imagery are and how these "consciousness-management" techniques can benefit women in pain.
4. Understand how diet, exercise and yoga can enhance pain control and wellness.
5. Discuss the importance of how social media and pain advocacy can positively impact one's support system.

#### *Target Audience*

Women who experience persistent pain, their caregivers and healthcare providers.

#### *Program*

"Reframe Your Pain, Reclaim Your Life"

8:15 – 9:00am

Registration

9:00am

Conference Introduction - John Garrett, Director,  
For Grace

9:00 - 9:05

Conference Welcome - California State Senator Carol  
Liu

9:05 – 9:20

Kathy Buckley, Comedienne, Actor & Activist

9:20 – 9:30

“Coming Through the Other Side” - Cynthia  
Toussaint, Founder & Spokesperson, For Grace

9:30 – 9:35

Reading from the upcoming pain memoir, *Battle for  
Grace* – Yennifer Behrens & Markell Pool

9:35 – 10:20

“The Pain Chronicles” – Melanie Thernstrom,  
Contributing Writer for the New York Times  
Magazine & Author of *The Pain Chronicles*

10:20 – 10:25

Reading from the upcoming pain memoir, *Battle for  
Grace* – Betsey Gardner & David Zimmerman

10:25 – 10:40

Morning Break

10:40 – 11:30

Consciousness-Management Panel: “The Mind and  
Pain Control”

Mindfulness Meditation – Dr. Marvin Belzer,  
Associate Director of UCLA’s Mindfulness  
Awareness Research Center

Guided Imagery – Dr. David Bresler, Founder of  
UCLA’s Pain Control Center and Director, The  
Bresler Center

11:30 – 12:20

“Accessing the ‘Gift’ in Pain” – Dr. Beth Darnall,  
Pain Psychologist & Researcher, Oregon Health &  
Science University

12:20 – 12:30

Presentation of WIP Patron of Women’s Rights  
Award - State Senator Liz Figueroa

12:30 – 1:15

Lunch

1:15 – 2:15

**Break-outs**

**Pain Advocacy: How You Can Be a Trailblazer**

**Presenters:** Dana Gambill, Woman In Pain and CRPS Community Advocate & Radene Marie Cook, Woman In Pain and California Leader, American Pain Foundation Action Network

**Social Networking For Good**

**Presenters:** Heather Grace, MBA, Woman In Pain and California Leader & Grant Researcher, American Pain Foundation Action Network & Amanda Green, Woman In Pain, Lupus Advocacy Leader and founder of [LALupusLadv.com](http://LALupusLadv.com)

**Diet & Exercise: Eat & Move Yourself to a Better Pain Day**

**Presenters:** [Dr. Susan Nyanzi](#), Chronic Disease & Wellness Specialist/Researcher, Los Angeles County Department of Public Health, Office of Women's Health & [Bonnie Cardenas](#), President of Cardenas & Associates Physical Therapy

**Gentle Yoga: The Benefits of Yoga**

**Presenter:** Camille Dieterle, Director, USC Occupational Therapy Faculty Practice

2:15 – 2:25

Reading from the upcoming pain memoir, *Battle for Grace* – Cissy Wellman & [Kevin Dobson](#)

2:25 – 3:15

**Women In Pain Empowerment Panel - "Surviving & Thriving!"**

**Moderator –** Dr. Beth Darnall

**Panelists -** Mindy Meyer, Woman In Pain and Facilitator, California State University Sacramento Center for Policy, Kristina Breen, Woman In Pain, Reiki II practitioner and a Minister at the Universal Church of the Master & Yvonne Evans, Woman In Pain, State Certified Reflexologist and Arthritis Foundation Water X Instructor

3:15 – 3:25

**Reflections, Affirmations & Closing Remarks**

3:25 – 3:30

**Photo Essay with Vocal Performance –** Dana Gambill & Cynthia Toussaint

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[Health](#)

[Multiple Sclerosis Society of Los Angeles](#)

[USC Occupational Therapy Practice](#)

#### Planning Committee Members

Kristina Breen

Radene Marie Cook

Karin Davalos

Dr. Beth Darnall

Dana Gambill

John Garrett

Heather Grace

Jennifer Hughes

Mindy Meyer

Dr. Susan Nyanzi

Cynthia Toussaint

The 2011 WIP Conference Planning Committee  
extends a special thanks to...

Gary Erickson

Morgan Grether

Carla Levenson

David Mirisch

Jack Patterson

David Zimmerman

Here's media coverage from our 2010 Conference:

